

Weekend Retreat for Women of Al-Anon

“Nothing Can Separate Us From the Love of God”

July 16-18, 2010
Friday, 7:15 p.m. - Sunday, 1:00 p.m.

Directed by Sr. Cathy C.



Dominican Retreat in McLean, VA offers retreats for Women Al-Anon. The retreats are not sponsored by Al-Anon; however, women who are members of Al-Anon find the retreats to be supportive of their spiritual growth. Retreat is a time to get a fresh perspective on God's presence in our lives.

The Director's talks will incorporate the retreat theme and the small group Step meetings will focus on steps 3 & 11.

Saturday and Sunday meals and accommodations are included in the retreat offering. We suggest that retreatants bring a robe and slippers, an alarm clock (we do ring a rising bell each morning), and many people find a journal useful on retreat.

Dominican Retreat is rooted in the Roman Catholic tradition; Mass and the Sacrament of Reconciliation are offered during retreat.

All sessions during retreat are optional.

The weekend will include the following:

- Presentations by the retreat director
- Opportunities for group and private prayer
- Small group Step Meetings
- Opportunity for one-on-one meetings with retreat directors and staff members, if desired
- Free time to relax or meditate

About the Director:

Sister Cathy C., OSF is a Franciscan Sister who is currently Director of the Franciscan Center in Tampa, FL. She has been leading retreats for people in A.A. and other 12-Step programs for more than 25 years. Her sense of humor and her willingness to share her own experience, strength, and hope make her a well received retreat director nationwide. She believes the 12 Steps and the spirituality they encourage are the greatest contribution made to American spirituality in the 20th century.

The suggested offering for a weekend retreat is \$250. Our policy is to welcome all people regardless of their ability to pay. We rely on donations to cover the difference between our actual cost and the average offering we receive. Including a donation with your offering will enable someone less fortunate to come on retreat. Payment can be made by check or credit card.

Dominican Retreat
7103 Old Dominion Drive
McLean, Virginia 22101